

# **PRENATAL SUBSTANCE USE PREVENTION PROGRAM (PSUPP)**



**Baby Food?**

# PSUPP GOAL

## PREVENTION OF

- BIRTH DEFECTS,
- LOW BIRTHWEIGHT,
- PREMATURE BIRTHS,
- AND OTHER PROBLEMS ASSOCIATED WITH PRENATAL SUBSTANCE USE



A map of Indiana showing its 92 counties. The counties are labeled with their names. Colored dots represent the 150 largest cities in Indiana. The dots are color-coded: red for cities with populations between 100,000 and 250,000; orange for cities between 50,000 and 100,000; and green for cities between 25,000 and 50,000. Lines connect dots that are within the same county or adjacent counties, showing the spatial distribution and clustering of large cities. Major cities like Indianapolis (red) and Fort Wayne (orange) are prominent. A cluster of orange dots is visible in the southeast, near the Ohio border, including cities like Evansville and Terre Haute. A cluster of green dots is visible in the central part of the state, including cities like Bloomington and Muncie.

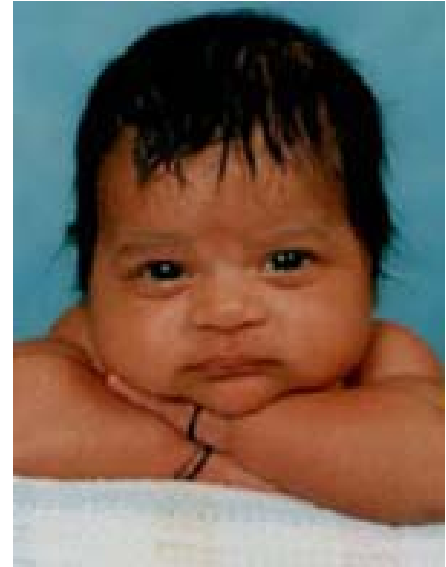
 --- DMH  
 --- ITPC  
 --- MCH

# COMPONENT ONE

- Identify high-risk chemically dependent pregnant women
- Provide perinatal addiction prevention education
- Promote substance abstinence
- Provide referrals to treatment services
- Follow-up



- **Individual counseling**
- **Smoking cessation programs**
- **Group counseling**
- **Community outreach**
- **Networking with other service providers**
- **Collaboration with treatment centers**
- **Support groups for pregnant women**



# COMPONENT TWO

**Facilitate training and education for professionals and paraprofessionals who work with women of childbearing age on how to identify high-risk chemically dependent pregnant women.**



- **Regional training conferences**
- **PSUPP network**



# COMPONENT THREE

**Public education on the possible hazards to a fetus when alcohol, tobacco and other drugs are used during pregnancy.**





- **Public mass media**
- **Presentations**
- **Group counseling**
- **Brochures, posters, & videos**
- **Public service announcements**



# **INFORMATION & EDUCATION**

- **32,671 Brochures to public**
- **6,972 Brochures to providers**
- **185 Educational programs - providers**
- **429 Professional presentations**
- **117 Public forums**
- **148 Professional development programs**

# **PSUPP Clients 2005**

**n = 1070**

	<b>Entry</b>	<b>Delivery</b>	<b>Reduction</b>
<b>Smoking</b>	<b>80.2%</b>	<b>39.5%</b>	<b>50.7%</b>
<b>Alcohol</b>	<b>3.6%</b>	<b>0.3%</b>	<b>92.3%</b>
<b>Street Drugs</b>	<b>2.7%</b>	<b>0.8%</b>	<b>69.0%</b>
<b>Prescription/ OTC Medications</b>	<b>0.7%</b>	<b>0.0%</b>	<b>100.0%</b>

# Individuals Screened, FY 2005

## n=3894

<u>AGE</u>	<u>Percent</u>	<u>ETHNICITY</u>	
<21	37.3	Hispanic	10.6
21-30	52.6	<u>RACE</u>	
>30	10.1	White	68.9
		Black	15.7
<u>MARITAL STATUS</u>	<u>Percent</u>		
Single		63.8	
<u>EDUCATION</u>			
< High school		43.6	
High school		45.5	

# Individuals Screened by Risk Factor

**n=3894**

	Percent
<b><u>HIGH RISK</u></b>	<b>53.9</b>
Cigarettes >5 per day	47.7
2 Drinks per Day	4.3
Binge Drinking>5 drinks at a time	3.5
Street Drug Use	14.2
Prescription/OTC Drugs	0.4
<b><u>MODERATE RISK</u></b>	<b>14.2</b>
<5 Cigarettes	5.3
<2 Drinks per day	1.8
<5 Drinks at 1 time Binge	2.0

# **Birth Outcomes**

## **896 Matched Births**

• Fewer clients had <u>NO</u> Prenatal Care	• 0.3% vs. 1.4%
• More clients <u>PARTICIPATED</u> in WIC	• 86.4% vs. 68.4%
• More clients <u>PARTICIPATED</u> in MCH	• 31.6% vs. 13.1%
• Trend of fewer <u>LOW</u> Birthweight Deliveries	• 7.4% vs. 7.7%

# **Client Satisfaction with PSUPP**

## **n=360**

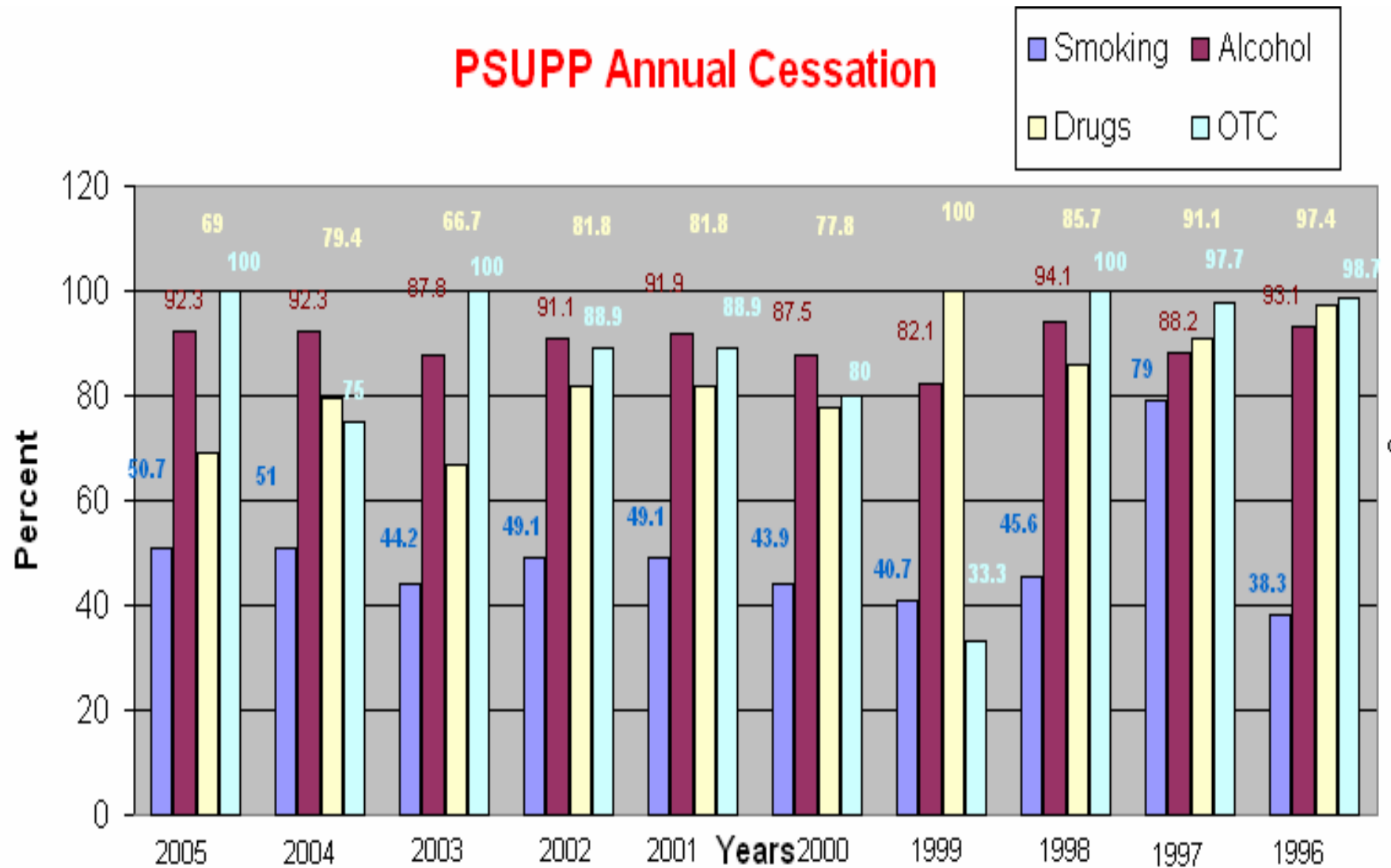
- **75.4% Information about Substance Use During Pregnancy was VERY HELPFUL**
- **82.2% Knew VERY MUCH More about the Harmful Effects of Tobacco**
- **82.8% Knew VERY MUCH More about the Harmful Effects of ALCOHOL**
- **83.0% Knew VERY MUCH More about the Harmful Effects of STREET DRUGS**

# **PSUPP Clients**

	<b>2005 Reduction</b>	<b>2004 Reduction</b>	<b>2003 Reduction</b>
<b>Smoking</b>	<b>50.7 %</b>	<b>51.0 %</b>	<b>44.2%</b>
<b>Alcohol</b>	<b>92.3 %</b>	<b>92.3 %</b>	<b>87.8%</b>
<b>Street Drugs</b>	<b>69.0%</b>	<b>79.4%</b>	<b>66.7%</b>
<b>Prescription/ OTC Medications</b>	<b>100.0%</b>	<b>75.0%</b>	<b>100.0%</b>



## PSUPP Annual Cessation



# Conclusions

## PSUPP:

- **Targets High Risk Pregnant Women**
- **Demonstrates Effectiveness in Reducing Substance Use During Pregnancy**
- **Participants have Better Birth Outcomes on some Measures**
- **Participants are VERY SATISFIED with Services Received**

# **INDIANA STATE DEPARTMENT OF HEALTH**

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